



Your Source for Employee Information

## A few tips on coping with holiday stress

The holiday season can be a time of joy, but it can also be hectic and stressful. These tips can help you keep stress under control so this time can be enjoyable.

**Get organized.** Make a list of what you need to buy. Try to shop ahead of time, before you're under pressure. If you'll be cooking, plan your menu. Think whether some items could be prepared ahead and frozen or refrigerated.

**Make a budget and stick to it.** Money is one of the major stressors during the holidays. Don't risk going into debt by overspending. A thoughtful gift doesn't

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## Delivering the goods at the right time

The County Auditor's office staff is shown with the fruits of their labor from a food drive to benefit the Food Pantry. They delivered the goods in Mid-December, just in time to help out with a high demand for food stuffs during the holiday season.

## Wellness exams prove to be more valuable than a discount

The annual Wellness Exams can be a distraction for some, filling out the form, getting a doc to sign off, cholesterol tests, the prodding, the poking. Most of us know the routine.

Then there are the instances when a Wellness Exam catches a health problem that, left undetected, can turn into a life-threatening condition -- something that makes an annual check-up well worth more than a lump-sum pay-out and an insurance premium discount.

Probate Judge **Weldon COPELAND** is just one example.

Last year, his heart rate was a little lower than doctors would have liked, and he was advised to go see a cardiologist. With no noticeable physical symptoms, the judge busied himself with his regular workload and it dropped off his radar.

When his doctor drew his blood for this year's physical exam, he had a reaction to the needle and his heart rate dropped considerably -- in the 40-beats-per-minute range -- he got light-

headed, and his doctor advised he go to the hospital when the rate didn't climb up.

"I didn't want to go," the judge recalled. "Unfortunately, my wife was there."

While he refused an ambulance, he said he couldn't refuse his wife driving him to the hospital. His blood pressure remained normal but the heart rate remained low. An overnight stay didn't change things much, either.

He was given a portable heart monitor

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## Holidays

have to be expensive. Talk with your family to think of ways you can enjoy giving within a spending limit.

**Beware of unhealthy stress relievers.** Holiday stress causes some people to fall into bad habits such as smoking, drinking, or eating too much. Think about any unhealthy habits you're prone to and better ways to handle stress.

**Give in other ways.** Help with a holiday food drive. Invite a co-worker who doesn't have close family or friends nearby to have dinner.

**Make time for your health.** In the holiday rush, don't forget your well-being. Try to stay on your normal sleep schedule and get regular exercise. If you can't find a 30-minute chunk of time for exercise, break it up into three 10-minute sessions spread through the day.

**Enjoy!** The holidays can be a time of joy and togetherness. Remember to savor the time with people you love.

**Check out the UnitedHealthcare resources available at [www.source4women.com](http://www.source4women.com).** It's full of information on health topics for the whole family, including reducing stress. Source4Women gives answers to health and wellness questions, in entertaining ways. From seminars to healthy recipes and blogs from the experts, it provides resources to help you live a healthier life.

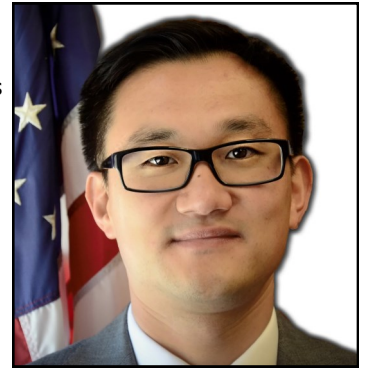
*The information provided by onsite Nurse Liaisons is for general informational purposes only and is not intended to be nor should be construed as medical or benefits advice. Onsite health coaches cannot diagnose problems or recommend treatment and are not a substitute for a doctor's care. Individuals should consult an appropriate health care professional to determine what may be right for them.*

## New District Clerk takes office

The Board of District Judges appointed **Yoon KIM** as the new District Clerk for Collin County in December. Yoon, a Frisco attorney, was sworn in on Dec. 2 by state District Judge **Ben SMITH**.

Yoon received his Bachelor of Arts in English/Liberal Arts Honors from The University of Texas at Austin in 2001. He received his law degree from The University of Texas School of Law in 2004. During the summer of 2002, Yoon clerked for the Honorable Kenneth M. Hoyt, United States District Judge for the Southern District of Texas.

Yoon has a passion for administration and public service, and currently attends and serves at *Stonebriar Community Church* in Frisco, where he is active on the leadership team for the discipleship ministries. Yoon and his wife, Kristin, have three sons and live in Frisco.



## New Elections Administrator brings a lot of experience

**Bruce SHERBET** began duties as the county's new Elections Administrator in early December, as **Sharon ROWE** retired. Bruce brings decades of experience to the appointed position, having served as an elections administrator in Dallas and Ellis counties.

Bruce was elections administrator in Dallas County for 24 years, and spent another two years doing the same work for Ellis County. Having begun in elections work when he was 19, Bruce brings 33 years of experience to the job. Bruce is married with two adult children.



## County Auditor cited for work with TACA Board

**Rick DOLLAHAN** (left), current County Auditor of Gaines and Dawson Counties, thanks Collin County Auditor **Jeff MAY** for his service on the Texas Association of County Auditors Board as Secretary for FY2015. But he's not done. Jeff is now the treasurer for this fiscal year for the TACA Board.





**Walking for the Blue** team topped the fall session of Walk Across Texas, logging a whopping 2,869 miles.

## 14 teams complete their *Walk Across Texas* this fall

What do you get when you combine 112 motivated county employees and their friends and family members with beautiful fall weather and a challenge to log 800 miles in eight weeks? You get Walk Across Texas, and 22,072 logged miles. Fourteen teams of eight started their trek across Texas between Sept. 20 and Nov. 14. All 14 teams exceeded the 800-mile challenge.

The team that walked the most miles is the **Walking for the Blue** team with 2,869 miles. Team members (pictured above) include Captain **Coline WOOD**, **Ro'Derica WARREN**, **Debbie HARRISON**, **Katie ELDER**, **Sheryl BAXTER**, **Stephanie STRICKLAND**, **Lindsey WYNNE** and **An-gie FORTNER**.

Just a few steps behind them was **Daphne LYNCH's** *The A Team* with 2,262 miles. Team members include **Susana RAMOS**, **Frank ROJAS**, **Joann GILBRIDE**, **Whitney THOMAS**, **Jawaid ASGHAR**, **Nathan PETERSON** and **Vada CAFFERY**.

Not far behind was **Hope ROBINSON's** *Records Rock Stars* with 1,986 miles. Team members are **Paul GARRISON**, **Cindy WEBB**, **Lisa ROBNETT**, **Tanna ROADHOUSE**, **L'Cena PARSONS**, **Leilani JUDD**, and **Brooke KRUMM**.

Right on their heels with 1,985 miles was **Matthew HAWKINS' The POWER Walkers**, with members **Roy CARTER**, **Erica ARMENTA**, **LeAnne BRAZEAL**, **Velia DUONG**, **Sarah ESPINOZA**, **Steve JANWAY** and **Donnie PRENTICE**.

Other teams include **Crystal MIKEMAN's Hallway Walkers** (1,695 miles), **Paige McWHORTER's See You Later!** (1,678 miles), **Daniele McOSKER's Kind Soles** (1,526 miles), **Abby SPENCE's Jabbawalkies** (1,367 miles), **Kathy BOUNDS' It's Up to You Team!** (1,286), **Cathy LEE's Girls Gone Walking** (1,265 miles), **Laray GUER-RERO's Walking Dead** (1,199 miles), **Brenda GERMAN's Blister Sisters** (1,060 miles), **Angelica RODRIGUEZ's Sole Mates** (989 miles) and **Julie RUTHERFORD's Team Bob** (904 miles).

Along the way, team members reported losing a few pounds, lowering stress levels, lowering cholesterol levels, having more energy and sleeping better at night.

Walk Across Texas is sponsored by Texas A&M AgriLife Extension Service and United Health Care.

We'll start Walk Across Texas 2016 in early March. For more information, contact **Carrie BRAZEAL** at Ext. 4231.

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## Wellness cont'd.

to see what would happen over the next few days, but the bottom line was that Judge Copeland needed a pacemaker. It wasn't that his heart was weak, damaged or clogged; the electrical component of his heart was just off a little.

"If I hadn't been going in to get physicals, I would have been at risk from what could happen as a result of this condition," he said, explaining his heart rate could have continued to drop to more dangerous levels. "What if I was driving a car when something as simple as that happened and I lost control?"

After the fact, he was a little sore from the incision for the pacemaker procedure, but said there was relatively little discomfort. His heart drums along at a steady 60 beats a minute now, and the battery is good for 5-7 years. He said his pacemaker will even warn him when the battery needs changing.

"I acknowledge I was a bit adverse to going to doctors," the judge said. "If it weren't for the carrot on the stick of this (wellness) program, I probably wouldn't have discovered the problem."

This isn't the only time a wellness exam may have saved a life. **Mike LANGFUS**, physicians assistant in Employee Health who identified Judge Weldon's condition, says wellness exams in his office have alerted folks to diabetes, prostate cancer, heart conditions and pre-cancerous conditions as well.



## IT names manager, employee of the year

Information Technology named it's manager and employee of the year, citing Records Manager **L'Cena PARSONS** (above) and **Bret FENSTER** (below) for their work in 2015.

L'Cena worked with the District Attorney's office in setting retention records for misdemeanor crimes to 10 years, bringing on the shredding of more than 2,000 boxes of paper. She also reduced the physical inventory by 26 percent, more than double the original goal. She and her group also implemented an effective Records Policy, set up a 2-Year email workflow for the District Clerk's Office and oversaw a significant productivity increase in her section for Fiscal Year 2015.

Bret won 1<sup>st</sup> and 2nd Place Posters at the 25th Annual SCAUG Conference, was published in the ESRI Map



Book, Volume 30, and worked on several extensive projects, such as the U.S. District Judge Project for County Judge **Keith SELF**, as well as the U.S. 75 Sales Tax Study for Judge Self and Bill Bilyeu, gathering all the data necessary for the project. Bret renewed his GIS Profession Certification (GISP), is a member of the Texas Emergency GIS

Response Team, served as chairman of the Collin College Geospatial Information Science Advisory Committee, and serves on the Plano Paddle Trail Planning Committee under the advisory of the National Park Service. His workmates, however, cite him for constantly keeping the Media room clean and tidy – and, notably, he won 1st Place in last year's IT Halloween Cubicle Contest.



Just some of the members of Collin County agencies who worked long hours in support of containing an Ebola virus outbreak.

## County agencies cited for excellence during 2015 Ebola outbreak

Three groups of Collin County employees and volunteers were recognized by the *Emergency Preparedness Planning Council* for their work during the Ebola crisis in North Texas last spring.

### Collin County Healthcare Services' Epidemiology Team

Collin County officials and staff jumped into action with the announcement of the first Ebola patient, giving the situation serious attention, as if it might draw a larger outbreak.

The CCHCS Epidemiology team responded immediately to state health department instructions to begin public health monitoring of contacts, and made contact with individuals within hours of being notified of their information.

The CCHCS Epidemiology team worked well under extreme pressure, with each member understanding their role, working long hours for several weeks on end.

Communication between the Epidemiology team and our administrative staff was constant and effective, as decisions needed to be made regarding the Ebola response.

Staff members were aware of the limitation of their staffing resources, and had plans in place when the public health monitoring demands outpaced their resources, bringing the Medical Reserve Corps online as well as other county staff and temporary workers.

Healthcare professionals & physicians in the community were provided educational information through emails, phone calls and presentations.

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**Sharon ROWE**, county Elections Administrator since 1999, says goodbye during Commissioners Court in November. For more on what Sharon's planned in retirement, see the feature on the public website.



County Court at Law No. 6 Judge **Jay BENDER** presented Bailiff **Charles GILBERT** with his 15-year service pin in mid-October; and, court reporter **Jennifer CORLEY** received her 5-year pin last summer.



County Judge **Keith SELF** (left) thanks Farm Museum volunteers **Roger MEIER**, **Jeff PHELPS** and **Randy LUCAS** for the thousands of volunteer hours they have spent restoring farm equipment at Myers Park. Roger is particularly proud of his work on restoring the museum's 1911 Ford Model T.



County Clerk **Stacey KEMP** (right) recognized three employees for their service anniversaries; from left, **Donna FOSTER**, 10 years; **Kathleen BATES**, 10 years, **Paul "Tinker" ROSALES**, 25 years.



County Auditor **Jeff MAY** presented **George VARGHESE** his 15-year service pin during Commissioners Court in early November.



## Retirements

Sheriff **Terry BOX** presented retirement plaques to four of his staff. They are, above from left, Capt. **David HISEROTE**, **Shonda NORTON** and **Lt. Eddie DENT**. Also retiring but not pictured here are: **Doug TURQUETTE** and **Rita COOK**.

▲ Sheriff Box congratulates Deputy **Roger KISLOSKI** for his 20 years of service with the SO.



▲ **Harry WHITSITT** was recently promoted from Transfer Officer to Courthouse Deputy.

## Basic Peace Office Course

Sheriff **Box** (far right) recently congratulated several employees on their completion of the Basic Peace Officer Course in an Oath of Office ceremony. They are, left to right, **Ramiro ACOSTA**, **Sgt. Steven PRESNELL**, **Carlos QUINTANA**, **Travis MONK** and **Henry RODRIGUEZ**.

► **Diana JOHNSTONE** was recently promoted from Sergeant to Lieutenant.



▲ Chief Deputy **Rick ALLEN** congratulates Capt. **Jim MOODY** on his 30 years with the Sheriff's Office.



### Salsa *Campeon*

▲**Laura NAVAS** of the District Clerk's office was the hands-down winner of the *Umpteenth Annual Salsa Contest*, sponsored by Administrative Services in November. Laura's recipe topped 11 other entries submitted from various officers. Rumor had it that Laura would be offered a lucrative reality salsa cooking show on a well-known cable network. That proved to be untrue. She is staying with the county.



### Pumpkin Contest

Human Resources once again hosted the annual Pumpkin Carving Contest. The winners were selected by popular vote through in-person and online ballots, and three creative employees carved their way to glory. Congratulations to the winners and thanks to everyone who participated with an entry or vote. The winners, clockwise from left: **Michael BEBER** (Sheriff's Office), **Gina ZIMMEL** (Law Library) and **Michelle TALLEY** (Human Resources).

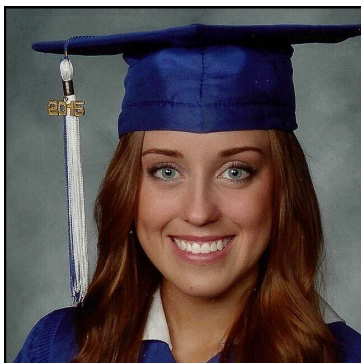


*Nobody can say county employees don't enjoy Halloween. Here's just a sampling of some of what visitors to county offices can find, come the end of October.*



## Announcements

**Brooke Nicole ROBERTSON**, daughter of Lorrie ESCAMILLA (Collin County Sheriff's Office), graduated in May of this year from Van Alstyne High School. She was a cheerleader from 3<sup>rd</sup> grade thru her senior year. She was a member of PALS, FCA, and named Texas All American Cheerleader. She lettered in powerlifting, cheerleading, volleyball, and track. Named Captain of the regional playoff volleyball team and cheerleading team her senior year. Placing 17<sup>th</sup> in her class and was accepted to several colleges but chose Texas Tech University in Lubbock, Texas to major in Sports Science, Physical Therapy and minor in coaching.



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Due to the precautions taken by Collin County, contacts being monitored expressed their appreciation for the county's discretion and respect for their privacy while protecting public health.

And, the innovative use of videoconferencing technology allowed contacts to be monitored in a way that was accurate and personal, without intruding in their homes or businesses.

### Collin County Medical Reserve Corps

About 80 volunteers from the Collin County Medical Reserve Corps (MRC) responded to the needs and were trained within days, allowing for a large group of volunteers to assist in the epidemiological response.

They assisted with contact monitoring, taking some of the workload from the Epidemiology staff. All told, they brought in some 567 hours of work.

### North Central Texas Fusion Center

The Disaster District Coordinator (DDC) brought in representatives from the county's North Central Texas Fusion Center to district meetings in Garland, which helped maintain a common operating picture across the district.

The Fusion Center helped share information between the Local Health Authority and other agencies to allow first-responders access to information on locations where Ebola contacts resided.

The Fusion Center created and distributed a Public Health Awareness Bulletin for First Responders and Public Safety Answering Points, in order to provide information concerning the Ebola virus and safety guidelines in the event a first responder was contacted by an individual complaining of or exhibiting Ebola symptoms.

This product was delivered to more than 300 agencies within the North Texas region as well as 77 other fusion centers across the U.S.

The county's fusion center provided an Operational Security and Communication Security briefing to more than 80 Medical Reserve Corps volunteers within days of the initial Ebola case confirmation.

The center also provided a non-disclosure agreement to all volunteers in order to ensure that precautions were taken to comply with all relevant privacy regulations when dealing with possible Ebola patients and contacts.

## Classified

**Truck:** 1967 Ford F250 Camper Special, original, 352 engine, HDC6 Transmission (Auto), Power Steering, Power Brakes, A/C, Dual Tanks, 30,000 on new motor, never wrecked; \$9,500. Contact **Ron HARPER**, 469-400-4953.



**Camper:** 21-1/2 foot bumper pull Idea Camper. Great for deer lease. \$2,000 OBO; call 214-697-5941.

**Sound System:** Sony six-speaker surround sound

system, \$75, OBO. Contact Mike at mowens@collincountytx.gov or call 214-686-7080.

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